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# “Festive Family Thanksgiving Cookbook”

## Country Homemade Stuffing

Serves 8, Preparation time 35-40 minutes  
Bake time 45-55 minutes, 7-8 slices white bread

7-8 slices wheat bread (It is important to use the correct amount of bread crumbs. If the bread you use is of larger than usual size, use a total of 10-11 slices for a total of 8 cups.)

½ cup yellow onion, finely minced

1 tsp. dried sage

½ tsp. thyme

¼ cup parsley, chopped

1 cup shredded carrots (5 oz. or 12 baby carrots)

2 oz. or ½ cup toasted walnuts, chopped

nonstick vegetable spray

7-8 slices white bread

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1 cup celery, diced

½ cup green onions, top and bulb chopped

¼ tsp. black pepper

1 cup green pepper, chopped

2 cups canned chicken broth, low sodium, fat free

1 Tbs. light tub margarine, melted

Preheat oven to 375° degrees Fahrenheit. Place bread slices in oven and bake 5-7 minutes, turn slices over, bake another 5-7 minutes, or until toasted on both sides. Be VERY careful not to burn the bread. Then using a serrated bread knife cut the slices into small crumbs, about ¼ to ½ inch. Measure yield, it should be 8 cups of bread crumbs. Place all bread crumbs into a large mixing bowl and set aside. Reset oven at 325° and continue to preheat.

Using a large skillet, cover and cook the celery, onions, parsley, and green pepper in ½ cup of the chicken broth plus ½ cup water until tender, about 5 minutes. Then remove from heat.

Toast walnuts in a dry skillet for 1 to 2 minutes being careful that they do not burn. Remove and place in a paper towel, crush with the side of a large rolling pin or other metal pan. The yield should be ½ cup. Set aside.

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Stir spices evenly into vegetable mixture. Then gently blend this mixture into the large bowl containing the bread crumbs making sure the crumbs are also evenly coated. Add the remaining 1½ cups of chicken broth. Mix completely then fold in the toasted walnuts.

Coat a 2-quart casserole dish with vegetable spray. Spoon stuffing into dish. Drizzle margarine over the top of the stuffing. Cover and bake at 325° for 45-55 minutes or until golden & crispy.

**Nutrition Facts Per Serving:** 238 Calories, 8 g Total Fat, 72 Calories from Fat, 1 g Saturated Fat, 386 mg. Sodium, not a significant source of Cholesterol.

